

IDAHO WIC PROGRAM AUTHORIZED FOODS
Effective July 1, 2005 through September 30, 2006

Amounts are specified on food checks issued to WIC participants

CAN BUY	CANNOT BUY	CAN BUY	CANNOT BUY
Cereal - 36 oz or less <u>Hot Cereal</u> Malt-O-Meal Plain Nabisco Cream of Wheat 28 oz (white, yellow or red boxes) Sun Country Quick Oats 12 oz <u>Cold Cereal</u> Cheerios - Plain Cheerios - Multi-grain Kix-Plain Special K-Plain Quaker Life-Plain Quaker Squares (blue box) Chex--Rice, Wheat Post Bran Flakes Post Grape Nut Flakes Store brand of plain Corn Flakes, Toasted Oats/Tasteeos, Tasty O's, Crisp/Crispy Rice, Frosted Shredded Wheat or Bite Size	Cannot Buy: less than 9 oz package or individual packets Corn Chex Cheerios: Frosted Honey Nut Apple Cinnamon No low carb No Kellogg's Rice Krispies	Milk - Any brand pasteurized, unflavored whole, reduced fat (2%), light or lowfat (1%), fat free, nonfat or skim. Canned evaporated, nonfat dry (powdered), Acidophilus, lactose-reduced, buttermilk, goat's milk, or 12 oz evaporated goat's milk ONLY IF printed on check.	Cannot Buy: Speciality brands (organic), soy milk, chocolate or flavored milk, half and half, rice milk, pints or half pints, UHT milk (shelf-stable), powdered goat's milk.
Juice - 100% juice, single flavor, 46 oz can/plastic, or 11.5 oz or 12 oz frozen concentrate V8-100% vegetable juice, plain, Low Sodium, 100% A-C-E Vitamin Rich, Calcium Enriched Grape or White Grape Juice Welch's or Seneca Any brand of 100% juice Apple Grapefruit Pink Grapefruit Pineapple Orange Country style (extra pulp), pulp free, calcium fortified and reduced/low acid orange juice are allowed.	Cannot Buy: 6 oz frozen Added sugar, fruit drinks, punches, beverages, blended juice, juice twisterts, juice cocktail, cartons, or organic juice Granny Smith Treetop 3 reserve apple V-8 Splash V-8 Spicy Hot No low carb	Cheese --Any brand natural, regular or lowfat block cheese, unsliced, vacuum packed. 8 oz, 16 oz or 32 oz. Cheddar (mild, medium, sharp), Colby, Colby-Jack, Monterey Jack, Mozzarella, Muenster, Swiss or Processed American cheese. Kraft Deluxe American Pasteurized Processed American cheese (Blue Box), unsliced.	Cannot Buy: Extra sharp cheddar, shredded, organic, cream, string, grated, imported, flavored, added ingredients (pimiento, etc.) Velveeta, cheese foods, spreads, or products
Eggs - White, any size. Packaged one dozen to a carton.	Cannot Buy: Speciality brand eggs: Eggland Eggs, Nature's Nest, organic, etc.	Carrots - Plain - Any brand fresh, frozen, or canned. Baby carrots are approved.	Cannot Buy: Organic Glazed
Peanut Butter - Any brand of commercially made plain smooth or chunky peanut butter. Honey Roasted is approved.	Cannot Buy: Peanut spreads, 9 oz squeezable peanut butter, reduced fat, organic, gourmet, jelly, marshmallow, etc. No low carb	Tuna - 6 or 6½ oz can, Albacore tuna, chunk and solid white tuna are approved.	Cannot Buy: Smoked, tuna pouches
		Dried Beans or Peas - Any brand of packaged or bulk, black-eyed or split peas, kidney, lentils, lima, pinto, navy, great northern, garbanzo, small red, white or black beans. Canned beans ONLY IF printed on check.	Cannot Buy: Soup mix, barley or rice
		Infant Formula - As printed on check.	
		Infant Cereal - Gerber, Del Monte or Beechnut dry cereal: rice, barley, oatmeal, or mixed. 8 oz or 16 oz box size.	Cannot Buy: Added fruit, cans, jars or Earth's Best
		Infant Juice - Gerber, Del Monte or Beechnut, any flavor or blend, 6-pack, 4-pack or individual 4 oz. or 4.2 oz. bottles	Cannot Buy: Added yogurt

ORGANIC OR GOURMET FOOD ITEMS NOT ALLOWED

